

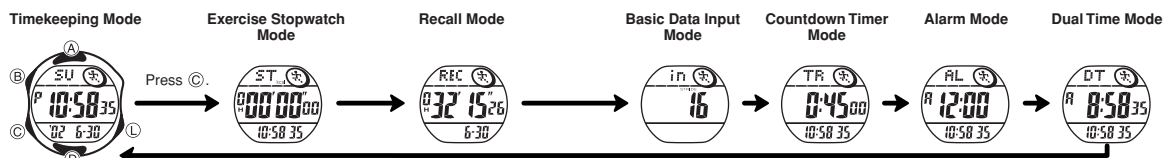
## About This Manual



- Button operations are indicated using the letters shown in the illustration.
- This watch is equipped with two color LCD panels. For the sake of simplicity, the screen shots in this manual are shown using only one color.
- Each section of this manual provides you with the information you need to perform operations in each mode. Further details and technical information can be found in the "Reference" section.

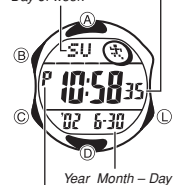
## General Guide

- Press (C) to change from mode to mode.
- In any mode, press (L) to illuminate the display.



## Timekeeping

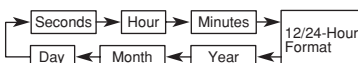
Hour : Minutes : Seconds  
Day of week



Use the Timekeeping Mode to set and view the current time and date. You also use the Timekeeping Mode to select the current time color.

### To set the time and date

1. In the Timekeeping Mode, hold down (B) until the seconds start to flash, which indicates the setting screen.
2. Press (C) to move the flashing in the sequence shown below to select other settings.



PM indicator

3. When the setting you want to change is flashing, use (D) and (A) to change it as described below.

To change this setting	Perform this button operation
Seconds	Press (D) to reset to 00.
Hour, Minutes, Year, Month, Day	Use (D) (+) and (A) (-) to change the setting.
12/24-Hour Format	Press (D) to toggle between 12-hour (12H) and 24-hour (24H) timekeeping.

- Pressing (D) while the seconds are in the range of 30 to 59 resets them to 00 and adds 1 to the minutes. In the range of 00 to 29, the minutes are unchanged.
- 4. Press (B) to exit the setting screen.
- The 12-hour/24-hour timekeeping format you select in the Timekeeping Mode is applied in all modes.
- The day of the week is automatically displayed in accordance with the date (year, month, and day) settings.

## Current Time Color Setting

You can select from among three different colors for the current time, which appears in center part of the Timekeeping Mode screen.

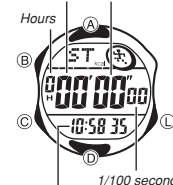


### To change the timekeeping color

- In the Timekeeping Mode, hold down (D) for about one second to change the color of the current time.
- Each time you perform the above operation, the color setting changes in the sequence: black → blue → red → black, and so on.
  - The above setting affects the hour, minutes, seconds, and am/pm indicator only.

## Exercise Stopwatch

Minutes : Seconds  
Hours



The exercise stopwatch is a 1/100-second stopwatch that measures elapsed time, split time, and two finishes. The exercise stopwatch uses the data you input in the Basic Data Input Mode and a pacer signal to calculate the number of calories you burn and the distance you cover while jogging or running.

- The stopwatch measurement operation continues even if you exit the Exercise Stopwatch Mode.
- Exiting the Exercise Stopwatch Mode while a split time is frozen on the display clears the split time and returns to elapsed time measurement.
- Stopwatch measurements are performed in the Exercise Stopwatch Mode, which you enter by pressing (C).

1/100 second  
Timekeeping Mode time

## How the Exercise Stopwatch Works

There are two ways you can use the exercise stopwatch: to measure elapsed time like a standard stopwatch (see "To measure times with the stopwatch"), and to keep track of the number of calories you burn or the distance you cover while jogging or running. In order to use the exercise stopwatch to keep track of calories and distance, you must first perform the steps listed below.

1. Set your basic data. See "Inputting Basic Data".
2. Configure the pacer signal. See "About the Pacer Signal".

## Note

- In order to obtain accurate calorie and distance calculations, you must set accurate basic data and keep your exercise pace in accordance with the pacer signal emitted by the watch.
- Whenever you clear the stopwatch to all zeros, all exercise stopwatch data (elapsed time, distance, calories burned, recording date) is recorded automatically in the watch's memory. See "Recall Mode" for more information.
- The unit of measurement used for the distance calculation depends on the unit you select for your stride length as shown in the table below. See "To input your basic data" for more information.

Selected Stride Unit	Distance Unit
in (inches)	mi (miles)
cm (centimeters)	km (kilometers)

## To measure times with the stopwatch



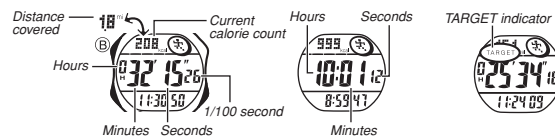
**Elapsed Time**  
Start → Stop → Re-start → Stop → Clear

**Split Time**  
Start → Split (SPLIT displayed) → Split release → Stop → Clear

**Two Finishes**  
Start → Split → Stop → Split release → Clear  
First runner finishes. Display time of first runner. Second runner finishes. Display time of second runner.

## Note

- Whenever the elapsed time reaches 10 hours, the contents of the display change from hours, minutes, seconds, and 1/100-second to hours, minutes, and seconds only.
- Pressing (B) while an elapsed time or split time operation is in progress, or while timing is stopped, causes the upper part of the display to toggle between calories burned and distance covered.
- If you set a target calorie value in the Basic Data Input Mode, the watch beeps and the TARGET indicator flashes on the display to let you know when the target value is reached.



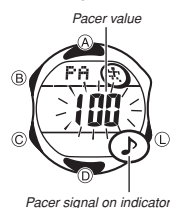
- If you have red or blue selected for the current time in the Timekeeping Mode, pressing (A) during an elapsed time operation causes the split time to appear on the display in red.
- If you have red or blue selected for the current time in the Timekeeping Mode, the elapsed time changes to blue after you reach your target calorie value.
- The current calories count is updated at 30-second intervals.

## About the Pacer Signal

The pacer signal of this watch beeps in accordance with a pacer value (rate) set by you. You can use the pacer signal to maintain a constant pace while jogging or running. You can also turn off the pacer signal when you do not want to use it.

- The pacer value you set specifies the number of beeps per minute.
- Turning on the pacer signal causes the watch to beep at the rate specified by the pacer value.
- You can disable the pacer function by setting a pacer value of ---. While the pacer value is set to ---, the watch does not calculate calories burned and distance covered, so both values are indicated as zero on the display.

## To set the pacer value

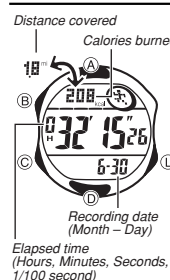


- While the Exercise Stopwatch Mode screen shows all zeros (0:00 00 00), hold down (B) until the pacer value appears flashing on the display. This is the pacer value setting screen.
- Press (C) to turn on the pacer signal.
- Each press toggles the pacer signal on (sounds) and off (does not sound).
- Use (D) (+) and (A) (-) to change the pacer value.
- Each press of a button changes the pacer value in units of 5. You can set a pacer value in the range of 100 to 200.
- Pressing (D) while the pacer value is 200 or (A) while it is 100 changes the value to ---.
- Press (B) to exit the setting screen.

## To turn pacer signal on and off

While the Exercise Stopwatch Mode screen shows anything other than all zeros, hold down (B) for about one second to toggle the pacer signal on (P displayed) and off (P not displayed).

## Recall Mode



Use the Recall Mode to recall and delete data stored by Exercise Stopwatch Mode operation.

- All of the operations in this section are performed in the Recall Mode, which you enter by pressing (C).

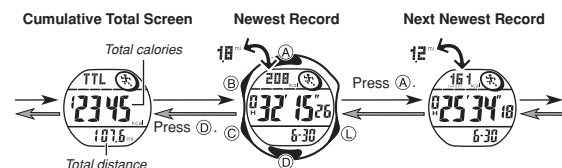
## About Memory Management

This watch has enough memory to store 30 exercise records. Each exercise record includes the following entries: elapsed time, distance covered, calories burned, and recording date. In addition, the watch also stores the cumulative total distance and cumulative calories burned each time you perform a stopwatch operation.

- Exercise records are arranged in the order they are recorded.
- When exercise record memory becomes full, performing another Exercise Stopwatch Mode operation causes the oldest exercise record in memory to be deleted to make room for the new record.

## To recall exercise records

In the Recall Mode, use (A) and (D) to scroll through exercise records.

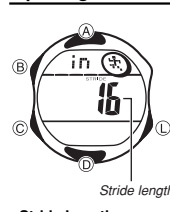


- Entering the Recall Mode displays the newest exercise record first.
- The upper part of an exercise record screen alternates between the calories burned and distance covered values.
- A TARGET indicator is displayed on any record where the total number of calories you burned exceeds the target calorie value.

## To delete an exercise record

- In the Recall Mode, display the record you want to delete.
- Hold down (B) until the watch emits a long beep (and until CLR stops flashing on the display).
- Performing step 2 while the Cumulative Total screen is on the display resets the calorie and distance cumulative totals to zero. After that, new cumulative totals will be started from the next Exercise Stopwatch Mode operation.
- Deleting a record does not change the cumulative total values.

## Inputting Basic Data



Stride Length screen

## Stride Length

You can specify either inches (in) or centimeters (cm) as the stride length unit. The unit you specify for the stride length unit also determines the unit of measurement used for the distance value in the Exercise Stopwatch Mode and Recall Mode, as shown below.

Stride Length Unit	Setting Range	Setting Increment	Exercise Stopwatch Mode and Recall Mode Distance Unit
Inches (in)	16 to 76 in	2 in	Miles (mi)
Centimeters (cm)	40 to 190 cm	5 cm	Kilometers (km)

- Whenever you want to change the stride length unit, you must first reset the Cumulative Total screen to zero. See "To delete an exercise record" for information about how to do this.
- The following examples illustrate how you can calculate values for this setting.
  - 239 steps required to run around a 330-yard track.
  $330 \text{ (yards)} \div 239 \text{ (steps)} \times 36 = 49.70 \text{ (approximately 50 inches)}$
  - 239 steps required to run around a 300-meter track.
  $300 \text{ (meters)} \div 239 \text{ (steps)} = 1.255 \text{ (approximately 125 cm)}$

## Weight

You can specify either pounds (lb) or kilograms (kg) as the weight unit. The range and increment for each unit are shown below.

Weight Unit	Setting Range	Setting Increment
Pounds (lb)	66 to 330 lb	2 lb
Kilograms (kg)	30 to 150 kg	1 kg

- If you are lighter than the minimum setting range value shown above, use the minimum setting. If you are heavier than the maximum value, use the maximum setting.

## Age

You can set the age value in 1-year increments in the range from 13 to 20 years. In the range from 20 to 70, you can set the age value in 10-year increments.

## Target Calorie Value

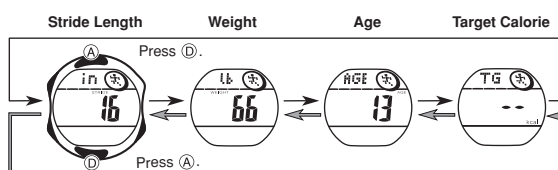
When a target calorie value is set, the watch beeps and the TARGET indicator flashes on the display during an Exercise Stopwatch Mode time measurement operation to let you know when you reach the target. You can set a target value from 10 to 990 kcal, in units of 10 kcal.

## Important!

- You cannot change basic data settings while an Exercise Stopwatch Mode time measurement operation is in progress. Stopwatch operation must be stopped and the Stopwatch screen must be cleared to all zeros before you can change basic data settings.

## To recall the currently set basic data

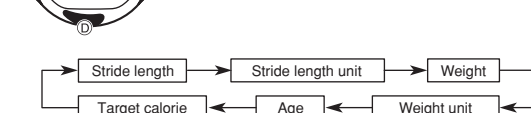
In the Basic Data Input Mode, use (A) and (D) to scroll through the basic data screens as shown below.



- The top of the Stride Length screen shows cm in place of in when you have centimeters specified as the stride length unit.
- The top of the Weight screen shows kg in place of lb when you have kilograms specified as the weight unit.

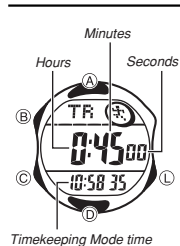
## To input your basic data

- In the Basic Data Input Mode, hold down (B) until the numbers on the display start to flash, which indicates the setting screen.
- You can perform the above step while the Stride Length, Weight, Age, or Target Calorie screen is on the display.
- Use (C) to select the other settings in the sequence shown below.



- Input the basic data values you want.
  - While the stride length, weight, age, or target calorie value is selected, use (D) (+) and (A) (-) to change it.
  - While the stride length unit or weight unit setting is selected, press (D) to switch between available units.
  - To turn off the target calorie feature, select the target calorie value and select ---, which is located between 10 and 990.
- Press (B) to exit the setting screen.
- If you find that you cannot change the stride length unit, display the Cumulative Total screen and reset the cumulative total to zero (See "To delete an exercise record").

## Countdown Timer



Timekeeping Mode time

You can set the countdown timer within a range of 10 seconds to 100 hours. An alarm sounds when the countdown reaches zero.

- You can also select auto-repeat, which automatically restarts the countdown from the original value you set whenever zero is reached.
- Countdown timer functions are available in the Countdown Timer Mode, which you can enter using (C).

## To set the countdown start time

- In the Countdown Timer Mode, hold down (B) until the hour setting of the countdown start time starts to flash, which indicates the setting screen.
- Press (C) to move the flashing between the hours, minutes, and seconds.
- Use (D) (+) and (A) (-) to change the flashing item.
- To set the starting value of the countdown time to 100 hours, set 0:00 00.
- You can set the seconds in 10-second increments.
- Press (B) to exit the setting screen.

## To use the countdown timer

- Press (D) while in the Countdown Timer Mode to start the countdown timer.
- When the end of the countdown is reached and auto-repeat is turned off, the alarm sounds for four seconds or until you stop it by pressing any button. The countdown time is automatically reset to its starting value after the alarm stops.
- Press (D) while a countdown operation is in progress to pause it. Press (D) again to resume the countdown.
- To completely stop a countdown operation, first pause it (by pressing (D)), and then press (A). This returns the countdown time to its starting value.

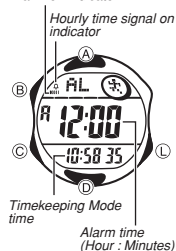
## To turn auto-repeat on and off



- While the countdown start time is displayed on the Countdown Timer Mode screen, press (A) to toggle auto-repeat on (TR displayed) and off (TR not displayed).
- The countdown time is displayed in blue while auto-repeat timing is turned on.
  - When the end of the countdown is reached and auto-repeat is turned on, the alarm sounds, but the countdown starts again automatically whenever the countdown reaches zero. You can stop timing by pressing (D), and manually reset to the starting countdown time by pressing (A).
  - Frequent use of auto-repeat and the alarm can run down battery power.

## Alarm

### Alarm on indicator



When the alarm is turned on, the alarm sounds when the alarm time is reached.

- You can also turn on an Hourly Time Signal that causes the watch to beep twice every hour on the hour.
- Alarm settings (and Hourly Time Signal settings) are available in the Alarm Mode, which you enter by pressing (C).

### To set the alarm time

- In the Alarm Mode, hold down (B) until the hour setting of the alarm time starts to flash, which indicates the setting screen.
  - This operation automatically turns on the alarm.
- Press (C) to move the flashing between the hour and minutes.
- Use (D) (+) and (A) (-) to change the flashing item.

- When the watch is configured for the 12-hour timekeeping format, take care that you set the correct a.m. (A indicator) or p.m. (P indicator) time.
- Press (B) to exit the setting screen.

## Daily Alarm Operation

The alarm sounds at the preset time each day for about 20 seconds, or until you stop it by pressing any button.

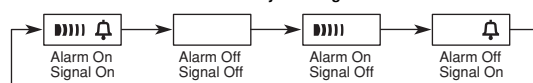
### To test the alarm

In the Alarm Mode, hold down (A) to sound the alarm.

### To turn the Daily Alarm and Hourly Time Signal on and off

In the Alarm Mode, press (D) to cycle through the on and off settings as shown below.

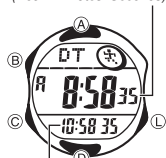
#### Alarm On Indicator/Hourly Time Signal On Indicator



- The alarm time is displayed in blue while the alarm is turned on.

## Dual Time

### Dual Time (Hour : Minutes : Seconds)



The Dual Time Mode lets you keep track of time in a different time zone.

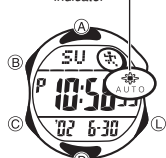
- The seconds count of the Dual Time is synchronized with the seconds count of the Timekeeping Mode.

### To set the Dual Time

- Press (C) to enter the Dual Time Mode.
- Use (A), (B), and (D) to set the Dual Time Mode time.
- Pressing (B) sets the Dual Time Mode to the same time as the Timekeeping Mode.
- Each press of (D) (+) and (A) (-) changes the time setting in 30-minute increments.

## Backlight

### Auto light switch on indicator



The backlight uses an EL (electro-luminescent) panel that causes the entire display to glow for easy reading in the dark. The watch's auto light switch automatically turns on the backlight when you angle the watch towards your face.

- The auto light switch must be turned on (indicated by the auto light switch on indicator) for it to operate.
- See "Backlight Precautions" for other important information about using the backlight.

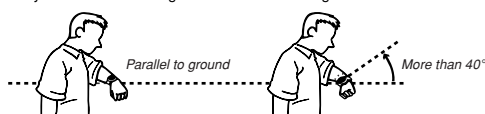
### To turn on the backlight manually

- In any mode, press (L) to illuminate the display for about one second.
- The above operation turns on the backlight regardless of the current auto light switch setting.

## About the Auto Light Switch

Turning on the auto light switch causes the backlight to turn on for about one second, whenever you position your wrist as described below in any mode.

Moving the watch to a position that is parallel to the ground and then tilting it towards you more than 40 degrees causes the backlight to turn on.



## Warning!

- Always make sure you are in a safe place whenever you are reading the display of the watch using the auto light switch. Be especially careful when running or engaged in any other activity that can result in accident or injury. Also take care that sudden illumination by the auto light switch does not surprise or distract others around you.
- When you are wearing the watch, make sure that its auto light switch is turned off before riding on a bicycle or operating a motorcycle or any other motor vehicle. Sudden and unintended operation of the auto light switch can create a distraction, which can result in a traffic accident and serious personal injury.

## To turn the auto light switch on and off

In the Timekeeping Mode, hold down (A) for about two seconds to toggle the auto light switch on (AL displayed) and off (AL not displayed).

- The auto light switch on indicator (AL) is on the display in all modes while the auto light switch is turned on.

## Reference

This section contains more detailed and technical information about watch operation. It also contains important precautions and notes about the various features and functions of this watch.

## Auto Display



Auto Display continually changes the contents of the digital display.

### To turn off Auto Display

Press any button (except for (L)) to turn off Auto Display.

### To turn on Auto Display

Hold down (C) for about two seconds until the watch beeps.

- Note that Auto Display cannot be performed while a setting screen is on the display.

## Auto Return Features

- After you perform any button operation in any mode (except for the Stopwatch Mode), pressing (C) returns directly to the Timekeeping Mode.
- If you leave a screen with flashing digits on the display for two or three minutes without performing any operation, the watch automatically saves any settings you have made up to that point and exits the setting screen.

## Data and Setting Scrolling

The (A) and (D) buttons are used in various modes and setting screens to scroll through data on the display. In most cases, holding down these buttons during a scroll operation scrolls through the data at high speed.

## Initial Screens

When you enter the Basic Data Input Mode, the data you were viewing when you last exited the mode appears first.

## Timekeeping

- With the 12-hour format, the P (PM) indicator appears on the display for times in the range of noon to 11:59 p.m. and the A (AM) indicator appears for times in the range of midnight to 11:59 a.m.
- With the 24-hour format, times are displayed in the range of 0:00 to 23:59, without any indicator.
- The year can be set in the range of 2000 to 2039.
- The watch's built-in full automatic calendar automatically makes allowances for different month lengths and leap years. Once you set the date, there should be no reason to change it except after you have the watch's battery replaced.
- The current time is displayed in the lower part of the Exercise Stopwatch, Countdown Timer, Alarm, and Dual Time screens. On these screens, the a.m. and p.m. indicators are not shown when the watch is configured for the 12-hour timekeeping format.

## Exercise Stopwatch

### Animation area



- An animated figure appears in the animation area while a stopwatch operation is in progress, even if you change to another mode.
- The values for the number of calories burned produced by this watch include both calories normally burned through normal metabolism and rest and extra calories burned by jogging or running.
- This watch is set up to calculate calories burned by men while jogging. Women should decrease the values produced by this watch by 5%.

## Backlight Precautions

- The electro-luminescent panel that provides illumination loses power after very long use.
- The illumination provided by the backlight may be hard to see when viewed under direct sunlight.
- The watch may emit an audible sound whenever the display is illuminated. This is due to vibration of the EL panel used for illumination, and does not indicate malfunction.
- The backlight automatically turns off whenever an alarm sounds.
- Frequent use of the backlight shortens the battery life.

## Auto light switch precautions

- In order to protect against running down the battery, the auto light switch automatically turns off approximately five hours after you turn it on.
- Avoid wearing the watch on the inside of your wrist. Doing so causes the auto light switch to operate when it is not needed, which shortens battery life. If you want to wear the watch on the inside of your wrist, turn off the auto light switch feature.
- The backlight may not light if the face of the watch is more than 15 degrees above or below parallel. Make sure that the back of your hand is parallel to the ground.
- The backlight turns off in about one second, even if you keep the watch pointed towards your face.

More than 15 degrees too high



- Static electricity or magnetic force can interfere with proper operation of the auto light switch. If the backlight does not light, try moving the watch back to the starting position (parallel with the ground) and then tilt it back toward you again. If this does not work, drop your arm all the way down so it hangs at your side, and then bring it back up again.
- Under certain conditions, the backlight may not light until about one second after you turn the face of the watch towards you. This does not necessarily indicate malfunction of the backlight.